THE ADVERSE EFFECTS OF THE COVID-19 PANDEMIC ON SPORT: ORGANIZATION OF SPORTS AND PSYCHOLOGICAL DISTRESS AMONG STUDENT-ATHLETES

A

RESEARCH PROPOSAL

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Research Guide

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INTRODUCTION

CHAPTER-I

Sports represent the core activity of an athlete's weekly routine and their life. Practice is organized daily with frequently scheduled competitions—even throughout the weekends Home confinement, a result of COVID-19 restrictions, represents a partial or complete level of detraining that will impair an athletic person's performance and could determine an early conclusion to their career. **student**–**athletes** is a participant in an organized competitive sport sponsored by the educational institution in which the **student** is enrolled. **Student-athletes** are full-time **students** and **athletes** at the same time. Colleges offer athletic scholarships in many sports. Student athletes put a great deal of time into their studies and athletics. Student athletes face high levels of stress. This stress is heightened by the expectations placed on the student athletes, by their coaches, administration and teammates to perform at a very high level. The COVID-19 pandemic has had an unprecedented effect on the lives of people, irrespective of social demographics. The sportsperson , however, face special challenges, and it is imperative that healthcare professionals identify and highlight their special needs so that they can be adequately protected and supported through these trying times. Unless care is taken, the sportsperson as a group may face significant fallout with regard to their mental and psychological well being (Philip and Cherian, 2020). To safeguard the health of athletes and others involved, most major sporting events at international, regional andnational levels have been cancelled or postponed – from marathons to football tournaments, athletics championships to basketball games, handball to ice hockey, rugby, cricket, sailing, skiing, weightlifting to wrestling and more. The Olympics and Paralympics, for the first time in the history of the modern games, have been postponed, and will be held in 2021. The novel Coronavirus (COVID-2019) Disease has spread very rapidly all over Maharashtra and several parts of India, causing an outbreak of acute infectious pneumonia. The outbreak of COVID- 19 has created a social and psychological problem including sports performance and players mental health that has had a deep impact on everyday lives (Dong& Bouey,2020). The COVID-19 outbreak is a serious health crisis and is associated with adverse mental health consequences and poor quality of life among Sports person (Dong& Bouey,2020).

The global outbreak of COVID-19 has resulted in closure of gyms, stadiums, pools, dance and playground .Maharashtra is the worst hit state in the country due to the Covid-19

outbreak has contracted the highly contagious illness, which has infected sports .Therefore, investigator will like to conduct research on the impact of Covid-19 outbreak on mental health and quality of life among sportsperson in Maharashtra.

Statement of the problem

Pandemics have been around for more than a century, and they continue to impact humanity negatively. There have been pandemics such as the H1N1 in Mexico, which rapidly spread to the whole world , the MERS-COV, Ebola, and SARS which came later. These pandemics cause enormous negative economic, social, and security impacts on the global community but their psychological influence is hardly recognized. Recently, the world started to experience another pandemic caused by the novel coronavirus-19 that originated in Wuhan, China .The closure of education institutions around the world due to COVID-19 has also impacted the sports education sector,which is comprised of a broad range of stakeholders, including national ministries and local authorities, public andprivate education institutions, sports organizations and athletes, The COVID-19 pandemic is causing untold fear and suffering for older people across the world (UNO 2020). Most studies have focused on the psychological implication of pandemics on the general population with very few paying attention to special populations like athletes in recent times "**The Adverse Effects of the Covid-19 Pandemic on Sport: Organization of Sports and Psychological Distress among Student-Athletes**

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Objectives of the Study:

This study explored the influence of athletic identity and sports participation on the psychological distress of athletes during a pandemic. The objective of the study is to understand the psychological impact of the coronavirus lockdown measure on Student athletes who were not able to carry out their normal daily routine.

Research Question

1. **How** Coronavirus-19 (COVID-19) pandemic effects on different sports discipline?
2. How Coronavirus-19 (COVID-19) pandemic effects on Student Athletes psychology?

Hypotheses of the study

1. There will be a significant adverse effects of the Coronavirus-19 (COVID-19) pandemic on different sports?

2. There will be a significant impact of the Coronavirus-19 (COVID-19) pandemic on Student Athletes psychology

Limitation of the study

1. The study will be delimited to players of Delhi and Delhi NCR only
2. The study will be delimited to both male and female players of Delhi and Delhi NCR
3. The will be delimited to 300 student athletes on different sports discipline .

LIMITATIONS OF THE STUDY

There are a number of limitations restricting the generalize ability of this study are as

1) Since the student athletes belongs to different level of sports hence the prior Experience of the players may be considered as limitation of the study.
2) Since the trainer belonged to different training this may be also considered as Limitation of the problem.
3) A limitation of this study is that it reflects the findings of some young athletes; the data will collected in selected population.

Definition and explanation of important technical term

Coronavirus disease (COVID-19)

The Coronavirus disease 2019 (COVID-19) is a newly detected ongoing infectious disease caused by severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2). The Covid-19 outbreak was identified in Wuhan, China, in December 2019.(WHO-Novel Coronavirus—China- 2020).The World Health Organization declared the outbreak to be a Public Health Emergency of International Concern on 30 January 2020, and recognized it as a pandemic on 11 March 2020.(Who 2020)..

Psychological distress

Psychological distress is a state of **emotional** suffering associated with stressors and demands that are difficult to cope with in daily life. The lack of effective care for and difficulty in identifying **psychological** distress is frustrating for patients and health professionals alike

Significance of the study

The findings of the study will focus on health-related strategies to minimize Psychological problems such as stress, depression and anxiety during any pandemic disease. The findings of the study may help to maintain familiar routines in daily life as much as possible, or create new routines, especially if elders must stay at home. The findings of study may be a game changer by enhancing access to health care by a large section of society. The results of the study will also enhance the ability to fight and eliminate the public health challenges of Covid-19. Lack of access to exercise and physical activity can also have mental health impacts, which can compound stress oranxiety that many will experience in the face of isolation from normal social life. Possible loss of family or friends fromthe virus and impact of the virus on one's economic wellbeing and access to nutrition will exacerbate these effects

CHAPTER-II

REVIEW OF RELATED LITERATURE

The research scholar has gone through the available related literature, which are relevant to the present study

The outbreak of the corona virus disease (COVID-19) created an international public health emergency, causing the Italian government to take unprecedented measures to stop the spread of the virus. This included enforcing policies regarding the avoidance of human-to-human transmission via social distancing. Schools as well as recreational, cultural, and sports centers were closed; sporting events and gathering in public spaces were forbidden. The following review of literature selected for the study are as:

Siefken et al., 2019 The study found out that athletes differed from non-athletes in anxiety and severe depression, with the mean scores for these two variables lower in athletes compared to non-athletes. Similarly, another study suggested that physical activity in the right quantity has the potential to reduce symptoms of anxiety and depression.

Okpara, (2020). the postponement of these competitions came with a lot of economic hardships on host cities and sports event organizers. Sports fans also had their fair share. These postponements also have a significant psychological influence on the athletes who are to participate in these competitions.

Alamdarloo et al.,(2019) studies have stated that sports provide a protective effect that prevents psychological disturbances. For example, a study was carried out to compare general health in athlete and non-athlete women.

Qiu et al. (2020) have recently shown the emotional reaction of the aged (over 60 years old) is more obvious. The study found gender differences in this emotional response, with women experiencing more anxiety and depression than men. Survey represents seniors of all age segments who have depression and anxiety issues. However, there were no significant distinctions between different age segments ($P>0.05$), which may be related to the physiological changes and psychological characteristics of the seniors.

Hawkley (2020), showed that risk for depression and anxiety and heightens feelings of stress factors that contribute to worsening mental health due to Covid-19 among people of America.

Meng et.al.(2020) conducted the study on 336 cases age from 65-69 years, 263 cases age from 70 to 74 years, 115 cases age from 75–79 years, 136 cases age at least 80 years. This study revealed that 37.1% of the seniors during. COVID-19 experienced depression and anxiety. Goyal et al. 2020) founds that, fear and anxiety of being sick or dying, helplessness, blame the people who are already affected and precipitate the mental breakdown due to Covid -19 pandemic.

Yi et al. (2020) Found such as depressive disorders, anxiety disorders, panic disorder, somatic symptoms, self-blame, guilt, posttraumatic stress disorder (PTSD), delirium, psychosis and even Suicide due to new Coronavirus disease.

Liu et al.(2020), revealed that people highly susceptible to the Coronavirus infection , the prevalence rate of traumatic stress was at an alarming 73.4%, depression was at 50.7%, generalized anxiety was at 44.7%, and insomnia was at 36.1% .

Liu et al. (2020) conducted a recent study on 1210 participants from 194 cities in China reported that 53.8% had a moderate or severe psychological impact, 31.3% had some sort of depression, 36.4% had some sort of anxiety and 32.4% had some sort of stress.

Huang et al.(2020) found that infectious disease hospital for COVID-19 in China, revealed a high incidence of anxiety and stress disorders and poor mental health;

Rossi1 et.al.(2020) found high rates of negative mental health outcomes in the Italian general population with depression, anxiety, insomnia due to COVID-19;

Dong &Bouey 2020), reported that, Covid-19 epidemic can lead to detrimental and long lasting psychosocial consequences as mental health due to disease related fear and anxiety.

Qiu et.al. (2020), shown that 35% of the participants reported trauma-related distress symptoms with Covid-19;

Wang et.al.(2020) found that ,16.5% reported moderate to severe depressive symptoms;28.8% reported moderate to severe anxiety symptoms; and 8.1% reported moderate to severe stress levels.

Courtin & Knap, reported that social isolation impacts on psychological symptoms, including depression and anxiety, and impact negatively on quality of life in older people.

Shigemura (2020) reported that patients infected with COVID-19 (or suspected of being infected) may experience intense emotional and behavioral reactions, such as fear, boredom, loneliness, anxiety, insomnia or anger.

Balkhi et.al.(2020) studied on 400 participants residing in Karachi, Pakistan. The spread of the covid-19 had resulted in subsequent development of fears in the target population, with the majority of the respondents feeling anxious on a daily basis (62.5%). **Shigemura et al. (2020)** found that COVID-19 presents a serious threat to mental health around the globe by elevating rates of anxiety, depression, posttraumatic stress disorder (PTSD) and negative societal behaviours. **Reardon (2015)** studied during epidemics; the number of people whose mental health is affected tends to be greater than the number of people affected by the infection. **Hamel et al. (2020)** showed about a third of adults' overall (32%) feeling that worry and stress related to Coronavirus had a negative impact on their mental health, including 14% who said it had a "major" impact.

Liu et al. (2020) that, Poor health status was significantly associated with a greater psychological impact of the COVID-19 on people.

Rajkumar (2020), suggests that symptoms of anxiety and depression (16–28%) and self-reported stress (8%) are common psychological reactions to the COVID-19 pandemic and associated with sleep;

Zhang (2020), found that, 52% of participants felt horrified and apprehensive due to the Covid-19 pandemic in China;

Lau et. al. (2006), Investigated that poor mental health and quality of life in Hong Kong during the SARS,

Wang et.al. (2020), found that 54% of respondents rated the psychological impact of the Covid-19 outbreak in China; **Goulia et.al.(2010),** reported depression and anxiety with fear-triggered panic attacks due to influenza pandemic;

METHODOLOGY

CHAPTER-III

Study area :

The sample size of the research consists of Delhi and NCR region of Intercollegiate student-Athletes . The study depends mainly on the primary and secondary source of data.

Universe of the study:

The Universe of the study shall be the male and female student athelets of Delhi and NCR region . The Age ranged from the players 17-30 years of age.

Sampling method and Sample Size:

The method of sample will be a purposive method of sampling design for players . The sample size of the study shall be 300 (three hundreds)

Sampling frame:

The sampling frame will include different categories of age and both male and female student athletes . The sample will also categorize into different age group aged groups

Research design

This study will involve a descriptive study in a non-experimental, descriptive study design.

Source of Data:

The study depends mainly on the primary source of data. The data will be collected through respondents in the form of Questionnaires and Demographic information form from 300 Student-athletes and secondary data from report , Internet, Journal and Books .

Tools of the study:

The following tools will be used for present study are as:

1. ***Consent form***

The consent form (Hindi, Marathi and English language) will be provided to all participants of this study. Two copies of consent form will be distributed by the field investigator/investigator to the participants and collected from them after they have responded.

2. **Socio-demographic information sheet :**

The demographic information about, health history, current disease, age, drug use, risk factors for Covid-19, horrified feelings due to the COVID-19 pandemic, apprehensive due to the COVID-19 pandemic and helpless feelings due to the COVID-19 pandemic, will be obtained before seeking responses.

Psychological distress

To measure psychological distress during the pandemic, the 10 items from the Kessler Psychological Distress Scale (K10) were employed.The K-10 was developed and validated as a screening tool for assessing the likelihood of common mental disorders in the general population and clinical samples. The K-10 demonstrates strong psychometric properties and has been used across different populations and cultures

3. **Mental Health Inventory**

To measure the mental health of the population , Mental Health Inventory (MHI-38) prepared by Davies AR, Sherbourne CD, Peterson JR and Ware JE (1998) will be used. All of the 38 MHI items, except two are scored on a six-point scale (Range 1-6). Items 9 and 28 are the exception, each scored on a 5 point scale (Range1- 5).Mental Health Inventory contains Six subscales (Anxiety, Depression, Loss of Emotional Control, General Positive Affect, Emotional Ties and Life Satisfaction) and Two global scales - Psychological Distress and Psychological Well- being; and A global Mental Health Index score.

Ethical Consideration:

In collecting the data, the researcher Follows to ethical guidelines, principles, and standards for studies conducted with human beings. The study will include safeguards for protecting humans, which involve three major ethical principles: beneficence, respect for human dignity, and human justice.

Techniques for Collection of Data:

The household survey will be undertaken from the delhi and NCR region with an individual contact . The data collection process will start immediately after approval of research. Detailed information will be collected from a responsible respondent. The investigator or field investigator will directly contact the respondent and the purpose of the study explain before them ,the Inventory, Scale and demographic information with consent form (Hindi Version) will be distributed to the respondent and collected from them after they have responded.

Analysis of the data:

Descriptive statistics will be calculated for all demographic variables. Regression analysis and Analysis of variance, Scheffe post hoc test (if ANOVA will be significant) will be also used and a p-value of <0.05 will be considered statistically significant throughout the study. The data analyse with help of Statistical Package for Social Sciences (SPSS).

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TentativeChapterization:

The present study will be divided in the following chapters:

Chapter - 1

The Chapter One outlines the background of the problem under consideration, its significance in the present scenario, the scope of the study, objectives the research intends to achieve and hypotheses to be established. This chapters also includes the definition and explanation of important technical terms related to the study.

Chapter - 2

The Chapter Two undertakes the review of literature related to the present topic of study and tries to define the problem under consideration in a proper way. Firstly, the chapter defines important terms and concepts in a proper way to give readers an understanding of various terms in the research report. Secondly, it critically reviews the gender-based violence. The chapter identifies the research gaps between the problem under consideration and the available literature on the issues and strongly recommends further exploration on the problem.

Chapter - 3

This includes a detailed methodology of conducting research on the issue under consideration and various components of research design such as the universe, the sample, types of data, tools of data collection, technique of data collection, ethical consideration and methods use to analyse data.

Chapter - 4

The Chapter includes the interpretation of data and results of the study. The results of the study will be illustrated through suitable table and figure. This chapter will also include the discussion of findings.

Chapter - 5

The Chapter five summarizes the findings of the study and conclusions derived thereof. The research has also made some valuable suggestions for further research.

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